



LAMAR SENIOR ACTIVITY CENTER

2874 Shoal Crest Avenue Austin, TX 78705
512-474-5921

LSAC Program and Activity updates available online:
www.austintexas.gov/seniors



Austin Parks and Recreation Department - Seniors

J U N E



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The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.

GENERAL INFORMATION

2016 PARD Waivers and Lamar Senior Activity Center

Advisory Board Registration

ALL participants must have a 2016 waiver on file to participate in 2016 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center.

Stop by the LSAC Reception Desk to complete the form TODAY!!!

LSAC Regular Hours of Operation*

8a - 5p M-F

***Unplanned Closures:** LSAC will be closed anytime the City of Austin announces delays or closures with City offices. This happens most frequently during inclement weather. Please check before heading to the Center.

Waiver/Class Sign-Up*

9a - 4p M-F

**unless otherwise noted*

Computer Lab Hours of Operation**

8:30a - 4:30p M-F

***when computer class not in session or otherwise noted*

LSAC Program and Activity updates available online: www.austintexas.gov/seniors

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. LSAC's hours are Monday through Friday from 8a until 5p, with special evening rentals on Fridays. Arts and crafts, health and fitness, excursions, games, group socials, club groups, organizational meetings and computer lab classes comprise some of the many services provided by LSAC. Those interested in participation may fill out the required 2016 PARD waiver at the lobby front desk. Friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$10.00 is required if you would like a newsletter mailed to your home and/or \$5.00 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's offerings. We thank you for your support!

PUBLIC MEETINGS

Golden "K" Kiwanis

New members and guests welcome

Mondays 9a

Handicraft Group

New members and guests welcome

Wednesdays 1p

Texas Public Employee Assoc. (TPEA)

Friday June 10 9a



LSAC Advisory Board Meetings and the Austin Palette Club will return in September 2016.

AARP

Smart Driver Program

Instructor: Beverly Martin

Wednesday

June 15

10a-1p

This class is designed for the mature driver. **Does not dismiss traffic violations.**

For insurance discount only if allowed by your Insurance Co.

Fee: \$15 for AARP Members
\$20 for Non-AARP Members

Preregister at the LSAC Reception Desk or call 512-474-5921.

**Pay Instructor the day of class:
CASH OR CHECKS ONLY**

LSAC MAINTENANCE WEEK

**LSAC will CLOSE at
5:00p Friday, June 17
and will REOPEN,
June 27 at 8:00a
to allow us to "spruce
up" the center for
your continued
enjoyment !**



GAMES

Bingo with Lunch!

Wednesday, June 8

10-11:30a

\$3 for Lunch and 25 ¢ per card



Bingo with lunch is back for the month of June. Tell your friends and come on down! The cost is \$3 for lunch and you must sign up and pay in advance by 5p on June 6. Cost for cards is 25¢ each. You may also pay for your cards in advance when you sign up. Bingo called by your favorite caller, Gayle and a light lunch will be served. **Reserve your spot and sign up today! Space limited.**

Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer

LSAC Open Play TABLE TENNIS

Mondays 10:15a-1p

Thursdays 9a-12:30p



Check with LSAC staff about setting up on other days & times. Times & dates subject to change due to special programs, classes, etc.

BRIDGE

American Contract Bridge League (ACBL)



Duplicate Bridge

Mondays & Fridays 12:30-4p \$6 per day*

(No Bridge at LSAC on 6/20 and 6/24)

All players must have 2016 PARD waiver on file

Led by Larry Davis

Contact Larry Davis, 512-343-6942, for specific questions concerning ACBL play at LSAC

*Pay Game Leader each day for ACBL Game

SOCIAL GAMES

Mexican Train

Mondays 12:30-3:30p

Led by LSAC Volunteer, Louise Johnson

Bunco

Tuesdays, June 7 & 28 12:45-3:30p

Led by LSAC Volunteer, Helen Anderson

Bingo

Wednesday, June 8, 10-12:30a

LSAC Advisory Board sponsored; \$3 lunch; 0.25 per card

Pinochle

Wednesdays 12:30-4p

Led by LSAC Volunteer, Ernest Lovato

Mah Jongg

Thursdays 1-3p

Led by LSAC Volunteers, Grace Elinsway & Bob Woertink

Rummikub

Tuesdays, June 14 & 28 2p

Led by LSAC Volunteer, Claudia Savio

SPECIAL EVENT

The Accordion

Free-For-All

A nonstop variety show featuring the accordion!

June 7, 2016
7:00 pm

Presented by:
The Central Texas Accordion Association

FREE Admission

At the Senior Activity Center

2874 Shoal Crest Ave.
Austin, Texas
(Just off 29th at Lamar Blvd.)

For more information
Call: 512-913-1747

Drawings by Elizabeth C. Sullivan 2016

ENRICHMENT CLASSES

Starting in July! Please Pre-enroll!

THE RETIREMENT YEARS:

Increasing the Joy & Overcoming the Challenges

Tuesdays, July 12 - August 16 1:30 - 3:45p

Fee: \$45 (6 sessions)

This popular class is **Exciting, Meaningful & Motivating!** It is for all Adults 50+ wanting to make positive changes in their lives, meet others with similar interests, learn exciting new things and **move forward!**

Topics: Dealing with Change, Goal Setting, Stress Management, Building Self-Esteem, Creating a More Meaningful, Purposeful Life & More! Learn practical techniques to use for a lifetime!

Instructor: Eleanor Crenshaw 512-371-1443

(Contact instructor to enroll or for questions about the class.)

RETIREMENT YEARS MONTHLY REFRESHER

During the summer months, the Refresher group will take a break from regularly scheduled classes. Classes will resume in the Fall.

For a little R & R, the group will meet for . . .

Coffee, Conversation & Connecting at

Café Express, N. Lamar

2:00 - 3:30 PM

on

Friday, June 24 &

Friday, August 26

**Instructor: Eleanor Crenshaw
512-371-1443**

Basket Weaving Class Tuesday, June 14 12-3p

Fee: Resident \$5/Non-Resident \$7

Weaving is easy and fun for all ages. Baskets have many practical and decorative uses. Come to class and leave with your very own basket!



*Register and pay LSAC staff.
Class size limited.*

LSAC ADVISORY BOARD

WHAT IS THE LAMAR SENIOR ADVISORY BOARD?

The LSAC Advisory Board is a tax-exempt, 501-c3, organization made up of senior volunteers that was formed to raise money and support programs at the Lamar Senior Activity Center. A few examples of the support the Advisory Board provides are: coffee and juice service, computers and software in the Computer Lab, Bingo, and Collette Vacations travel opportunities. The Advisory Board has also provided funding for the Special Events throughout the year, Wildlife Habitat Garden, landscaping, site maintenance and most recently, purchasing our Lobby furniture.

Meetings are held on the second Wednesday of each month, September through May at 2:00 p.m. Visitors are welcome to attend meetings.

While the Advisory Board conducts several fundraisers during year, tax deductible gifts are always welcomed and greatly appreciated.

Reaching out to help Adult 50+/Senior Programs in their mission to promote independence and wellness among older adults.

Enclosed is my gift of : (make checks payable to: **SAC**)

\$5 \$10 \$25 \$50 \$60 Other: _____

Contribution from:

Name: _____

Address: _____ City _____ Zip _____

Honor Gift: To recognize a special occasion, or add to a celebration.

or

Memorial Gift: To share the memory of family, friendship and love with others.

In the Name of: _____

Send Notice to: _____

Address: _____ City _____ Zip _____

Mail your contribution to:

Helen Anderson, Board Secretary
Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austin, TX 78705

HEALTH AND WELLNESS

Exercise

**Mondays &
Fridays 9 - 10a**
(No Class 6/20 & 6/24)

Increase your stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class. Class structure varies using a variety of bands, weights, and balls. All levels welcome.

Fee: FREE

Instructor: Shannon Davis

Register with LSAC Staff prior to attending class.



Wednesday Exercises

"Mental Strength"

Wednesdays 9 - 10a
(No Class 6/22)

Shannon will give you ways to strengthen your brain muscle with this month's set of Wednesday classes!

Fee: FREE

Instructor: Shannon Davis

Register with LSAC Staff prior to attending class.

Fitness Room

Monday - Friday 8:30a - 4:30p

(Subject to change pending LSAC/PARD classes or programs; Call ahead to confirm room is available.)

Come use the free Fitness room.

Learn how to properly operate the treadmill & recumbent bike. Work out at your own pace...rain or shine!

You should consult your physician or other health care professional before starting any fitness program to determine if it is

Easy Yoga*

Wednesdays
June 8 - July 13
(No class 6/22)
2-3:15p

Designed to make Yoga easy, gentle and accessible to seniors.

Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of Yoga that help in prevention and effective management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety etc. If you can breathe and smile, you are fit to practice Yoga in this class.

Contract Instructor: Jogi Bhagat
Fee: \$40 for one session
\$70 for two sessions
\$14 Drop In

YOGA CLASS REGISTRATIONS

Register with and pay the Contract Instructor before class. All class participants must have a completed 2016 PARD waiver on file.

HEALTH AND WELLNESS

Gentle Yoga*

Mondays & Thursdays
June 2 - July 11
(no class 6/20, 6/23 & 7/4)
1:55-3:15p

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich Yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little Yoga experience and in basic good health, but all are welcome to attend.



Contract Instructor: Jogi Bhagat
Fee: \$60 for one session
\$100 for two sessions
\$14 Drop In

**For questions, please contact
Jogi Bhagat at 512-963-8364 or
yogasolutions@gmail.com
or www.medicinalyoga.com*

Tai Chi

Tuesdays & Fridays 1-2p
May 10 - June 17
June 28 - Aug 5

Tai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. Tai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green

Fee:

Res/Non-Res \$30/\$36 (Tue. only)
Res/Non-Res \$30/\$36 (Fri. only)
Res/Non-Res \$50/\$60 (Tue & Fri)
Res/Non-Res \$5/\$6 Drop-in/day

Register and pay LSAC Staff before first class. Classroom location may vary due to LSAC special events.



Workout with Walter

(By Appointment)

Tuesdays 9:30a - Noon
Fridays 10a - 12p


Join LSAC Volunteer, Walter Donnelly, for a FREE lesson on using the Bowflex equipment. Get a few healthy lifestyle tips and handouts too! Call 512-474-5921 or stop by the Volunteer Desk to set an appointment.

Class Leader: Walter Donnelly
Fee: FREE

Senior Tennis at Caswell

Mondays, Wednesdays & Fridays
8:30-10:30a

Play doubles; no partner needed. Located at 24th & Lamar. Two courts reserved for play. Contact Bob Freeman: 512-6801453 / bfreeman704@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>NOTE: Not all classes, programs, events, etc. are listed on the calendar ; please refer to guide for individual listings/info and details.</i></p> <p><i>*Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.</i></p>		<p>1</p> <p>Wednesday Exercise 9-10a Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p</p>	<p>2</p> <p>Open Table Tennis 9a-12:30p Paper Craft Projects 10a-12p Mah Jongg 1-3p Color My World 1:30-2:20p iPhone-iPad 101 1:30-2:30a Gentle Yoga 1:55-3:15p</p>	<p>3</p> <p>Exercise 9-10a Open Watercolor 9:30a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p TRIP: Bob Bullock State History Museum</p>
<p>6</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p TRIP: Lone Star Opry</p>	<p>7</p> <p>Ceramics 9:30-12:30p Water Aerobics 10-11a (offsite) Bunco 12:45 - 3:30p Tai Chi 1-2p</p>	<p>8</p> <p>Wednesday Exercise 9-10a Bingo with Lunch 10a-12p Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p</p>	<p>9</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Paper Craft Projects 10a-12p Mah Jongg 1-3p Color My World 1:30-2:20p Apple Computer Basics 1:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>10</p> <p>Exercise 9-10a Open Watercolor 9:30a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>13</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>14</p> <p>Ceramics 9:30-12:30p iPhone-iPad 101 9:30-11:30a Water Aerobics 10-11a (offsite) Basket Weaving 12-3p Tai Chi 1-2p Rummikub 2p</p>	<p>15</p> <p>Wednesday Exercise 9-10a AARP Smart Driver 10a-1p Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p TRIP: Juneteenth Fashion Show</p>	<p>16</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Paper Craft Projects 10a-12p Mah Jongg 1-3p Color My World 1:30-2:20p Gentle Yoga 1:55-3:15p</p>	<p>17</p> <p>Exercise 9-10a Open Watercolor 9:30a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p No Evening Dance LSAC CLOSSES AT 5:00p & REMAINS CLOSED UNTIL 8:00a ON MONDAY JUNE 27</p>
20	21	22	23	24
<div>  <div> <h2>LSAC CLOSED THIS WEEK FOR REPAIR & MAINTENANCE WORK</h2> <p>LSAC REOPENS 8:00 AM MONDAY, JUNE 27</p> </div> </div>				
<p>27</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>28</p> <p>Ceramics 9:30-12:30p iPhone-iPad 101 9:30-10:30a Water Aerobics 10-11a (offsite) Bunco 12:45 - 3:30p Tai Chi 1-2p Rummikub 2p</p>	<p>29</p> <p>Wednesday Exercise 9-10a Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p TRIP: Lunch Bunch- Matt's El Rancho</p>	<p>30</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Paper Craft Projects 10a-12p Mah Jongg 1-3p Color My World 1:30-2:20p Digital Pictures 1:30-3:00p Gentle Yoga 1:55-3:15p</p>	

MORE HEALTH & WELLNESS

Trade your walking shoes for a swimsuit and join in the fun
with **FREE** classes in

Water Aerobics!

Tuesdays, June 7, 14 & 28 10 -11a

(No class 6/21)

Keep cool this summer and meet Shannon Davis, LSAC Program Specialist, for water aerobics at the brand new Bartholomew Pool. You must **PREREGISTER** for the Water Aerobics class by calling LSAC at 512-474-5921 or stop by the LSAC Staff Desk prior to class. No one will be allowed to participate in the class without completing the required registration/documentation.



DANCE CLUB

LET'S DANCE CLUB

Ballroom; Live Band

Fridays, June 3 & 10 7:30-9:30p

(no dance 6/17 & 6/24)

Admission \$5/members and \$7/non-members.

Breezy Summer evenings - it's time to dance! Join us for a fun evening of dancing to live band music with light refreshments! Bring your happy feet!

Contact Kay Sousares at 512-453-7978 for more information.

COMPUTER CLASSES

Mendy Marshall, LSAC Computer Instructor

Apple Computer Basics

Thursday, June 9 1:30-3:30p

Fee: Resident \$5/Non-resident \$7

Bring your personal Apple MacBook to class and learn the basics of how to set the preferences, organize files, open and close programs and more. Class will meet in the computer lab. **Pre-requisite: Must own an Apple computer/laptop and be able to bring it to class.**



iPhone - iPad 101

Tuesday, June 14 1:30-3:30p

Tuesday, June 28 1:30-2:30p

Fee: Resident \$10/Non-resident \$12

Do you have an iPhone or iPad and want to learn more? Learn the basics on how to use your iPhone/iPad; creating contacts, text messaging, purchasing apps, update settings, and more. **Pre-requisite: Must have an active email account, an iTunes account, a major credit card/debit card and own an iPhone or iPad. Please bring your iPhone/iPad and the cord to class.**



Digital Pictures and your Camera!

Thursday, June 30 1:30 – 3:00 p.m.

Thursday, July 7 1:30-2:30 p.m.

Fee: Resident \$10/Non-resident \$12

You got a new camera or have had one for a while and filled your memory card with pictures of family, friends but don't know what to do next...learn how to upload the images to your computer, file and store them and explore online photography sites and vendors that will print your pictures for a small fee. **Please bring your digital camera to class with the provided cord to connect to computer.**

Class size limited to 4 students . . . Register Early!

Please register & pay LSAC staff at least one (1) week before scheduled class begins.

CREATIVE ARTS

LSAC Historical Scrapbook Class expands to include your individual Paper Craft Projects!

Thursdays, 10a-12p

(No Class 6/23)

Fee: FREE

As Kimberly continues to work on the LSAC historic scrapbook she has decided to open her scrapbook time up every week to facilitate anyone's individual projects that involve creative paper crafts. This could include your own scrapbook project, creating note cards or holiday cards, creating memory boards, making bookmarks, or whatever your creative self imagines!

Tools will be available to assist with your projects including, special cutting dyes and scissors, craft papers, colorful inks, stamps and markers.

*Let's have some fun every
Thursday morning!*

Contact Kimberly with questions
512-474-5921



Color My World

Thursdays 1:30 - 2:30p

(No class June 23)

Fee: FREE

Adult Coloring is a big deal!
You're invited to come color and
re-kindle your sense
of creativity and calm.



No need to register - drop-in and relax....

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CREATIVE ARTS

Oil Painting

Mondays 9a - 12p

(No Class 6/24)

Fee: \$35 month \$10 Per Day Drop-in Fee

Beginning and intermediate oil painting with emphasis on drawing, composition, and proper use of colors.

Class review of individual paintings each meeting.

Students provide own supplies.

Contract Instructor: Ken Moore

Register & Pay Instructor first day of class. Space limited.

Ceramics

Tuesdays & Thursdays June 7-30 9:30a-12:30p

(No Classes 6/21 & 6/23)

Fee: Resident \$22.50/Nonresident \$26.25

\$10 Weekly Drop-in Fee

Create your own treasures! Three classes are set aside for technique instruction. Depending on size of greenware, students are provided up to 5 pieces (1 for drop-in students) to complete during session. Some supplies furnished and additional greenware will be available for purchase. All levels of experience welcome.

Instructor: Janice Grady

Watercolor

Open Painting - FREE

Fridays 9:30a-12p

(No Class 6/24)

Pat Molina, LSAC Watercolor Instructor, has accepted an Artist in Residency opportunity outside of Austin so the instruction portion of the class is now on hold until further notice.

Watercolor enthusiasts are invited and welcome to use the "class time" to work on their own projects and share ideas and information.

Please Note: No instructor will lead this "open painting" gathering.

TRIP LOTTERY

All City of Austin Parks and Recreation Department trips are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information.

JUNE 2016 TRIP LOTTERY FORMS **SUBMISSION DATES AND TIMES:**

Tuesday	May 24th	9a-4p
Wednesday	May 25th	9a-4p
Thursday	May 26th	9a-2p

To complete a June 2016 LSAC Trip Lottery Form call 512-474-5921 during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via the phone. You may also choose to stop by the Lamar Senior Activity Center during the same allotted days and times to complete your lottery registration form.

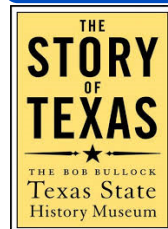
A current 2016 PARD waiver for each participant must be on file to participate in LSAC trips.

Registration is accepted after lottery submission period for any trip openings and/or waitlists.

If you are selected for a trip through the computerized Lottery System, you will receive a confirmation phone call from LSAC Staff with additional information on how to finalize the process make payment and confirm your trip (s).

Trips will depart from
Lamar Senior Activity Center, 2874 Shoal Crest Avenue.
All trips are subject to change due to weather, unforeseen issues, PARD director approval, and registration numbers.

TRIPS



Explore the Bob Bullock Texas State History Museum **Friday, June 3**

Depart: 9a Return: 2p

Fee Resident \$3/ Non-Resident \$4

www.thestoryoftexas.com

Additional Expenses: Museum Admission \$10,
View Imax Films \$8

-10:00 AM A Beautiful Planet 3D

-11:00 AM National Parks Adventure 3D

Lunch at The Story of Texas Café \$15-\$20

Activity Level: MODERATE – standing in line and walking through indoor venue; possible stairs and ramps

Lone Star Opry Presents: **Country Music Monday in Giddings** **Monday, June 6th**



Depart: 4p Return: 11p
Fee: Resident \$7/ Non-Resident \$8

www.lonestaropry.com

Country Music Monday has always featured some of the best musical talent in Central Texas. The modern facility attracts some of the hottest performers throughout the entire region and State of Texas.

Doors open at 5:15 PM; Show starts at 7:30 PM

Additional Expenses: Admission Fee \$5 (pay cash at venue)
**Concessions Sponsored by the Rotary Club of Giddings (\$10-\$15)
Barbecue on Bun, Drinks, Desserts & Snacks Available

Please plan to make CASH ONLY payments at the venue.

Activity Level: MODERATE – standing in line and walking through indoor venue; possible stairs and ramps

TRIPS CONTINUED. . .



Austin Traditional Jazz Society
Annual "All-Star Concert"
at the Capital City Comedy Club
Sunday, June 12

Depart: 1:15 PM Return: 5:30

Fee: Resident \$3/ Non-Resident \$4

www.atjs.org

Additional Expenses: Admission \$10 (individuals pay cash at venue)

Menu items lunch/snack \$15-\$20. Capital City has a full bar.

Activity Level: MODERATE – walking through indoor venue; possible stairs



50+ Juneteenth Fashion Show
Virginia L. Brown Recreation Center **

Wednesday, June 15

Depart: 9:30a Return: 1:30p

There is no fee to attend this trip which features Austin Parks and Recreation Department Adult 50+/Senior Programs models. Barbecue Lunch will be served at Noon.

Activity Level: MODERATE – standing in line and walking through indoor venue; possible stairs and ramps

**** If you would like to be in the Fashion Show, please let Kimberly know when she calls with the lottery results; Friday, May 27**



Lunch Bunch: Matt's Famous El Rancho
Wednesday, June 29

Depart: 10:30a Return: 1:30p

Fee: Resident \$3/ Non-Resident \$4

www.mattselrancho.com

Additional Expenses: Lunch expense (\$15-\$20)

Activity Level: MILD - walking through indoor venue

WE LOVE OUR VOLUNTEERS!



Our Volunteers are special people and an essential part of the Center's success. We are looking for generous people willing to devote a few hours of their time every week. We have many volunteer opportunities available.

We Want You For The TRAVEL COMMITTEE

The LSAC Advisory Board needs volunteers to serve on a Travel Committee. If you are interested in planning trips for the Center and/or have travel agent experience, we would love for you to volunteer for the Travel Committee.

Volunteers would work to plan and organize trips to be sponsored by the LSAC Advisory Board and with Collette Vacations on worldwide travel options for Center participants.

Come down and fill out a Volunteer Form or for more information on available opportunities call 512-474-5921 and leave your name and phone number with the LSAC Receptionist.

To continue providing the great opportunities for travel for our participants, we need you to volunteer to work



Austin City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 10

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Marty Stump, Assistant Director
Cora D. Wright, Assistant Director
Lucas Massie, Division Manager
Tiffany M. Cabin, CPRP, Seniors Program Manager

LSAC Advisory Board 2016

Gayle Fischer, President
Alma Harrington, Vice President
Helen Anderson, Secretary
Dayton Grumbles, Treasurer
Edna Armendariz, Marilyn Burson, Tel Dalton,
Mary Ann Lawrence, Argie Horn, Phil Horn,
Helen Miller Ken Moore, Bill Meyers,
Sydelle Popinsky, Liz Salinas

City Manager

Marc Ott, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumberras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

Jane Rivera, Chair
Richard DePalma, Vice Chair
Alison Alter, Board Member
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

LSAC Staff

Jerilyn Rainosek, Programs Supervisor
Kimberly Flores, Program Specialist
Shannon Davis, Program Specialist
Teresa Hudson, Administrative Associate
Maria Hernandez, Administrative Assistant
Andy Maldonado, Building & Grounds Assistant

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.